

December 2025

Mystic Valley Elder Services

City Fresh Asian Vietnamese

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 807 Sodium 555	Chicken Teriyaki White Rice Broccoli Fruit Calories 696 Sodium 853	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Calories 878 Sodium 872	Pork & Vegetable Egg Roll White Rice Broccoli Fruit Calories 760 Sodium 753	Chinese BBQ Pork White Rice Cabbage Fig Newton Calories 1005 Sodium 779
8	9	10	11	12
Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Calories 823 Sodium 644	Caramel Ginger Chicken White Rice Cabbage Fruit Calories 831 Sodium 682	Teriyaki Beef White Rice Water Spinach Fruit Calories 924 Sodium 685	Green Curry White Fish White Rice Water Spinach Chocolate Chip Cookie Calories 774 Sodium 460	Pork Lo Mein Noodles Broccoli Fruit Calories 820 Sodium 873
15	16	17	18	19
Chicken Teriyaki Potstickers w/ Soy Drizzle White Rice Bok Choy Fruit Calories 700 Sodium 812	Teriyaki Salmon White Rice Water Spinach Fruit Calories 766 Sodium 681	Sweet & Sour Chicken White Rice Cabbage Fruit Calories 873 Sodium 670	Maple Glazed Honey Ham Roasted Potatoes Carrots Dinner Roll Chocolate Swirl Calories 830 Sodium 1171	Lemongrass Beef (Bò xả ớt) White Rice Bok Choy Fruit Calories 803 Sodium 713
22	23	24	25	26
Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Calories 778 Sodium 663	Mongolian Beef White Rice Cabbage Oatmeal Cookie Calories 814 Sodium 862	Turmeric & Ginger Fish White Rice Water Spinach Fruit Calories 715 Sodium 445	Holiday No Meals	Pork Fried Rice White Rice Cabbage Fruit Calories 902 Sodium 577
29	30	31		
Pork w/ Scallion & Ginger Sauce White Rice Broccoli Fruit Calories 807 Sodium 555	Chicken Teriyaki White Rice Broccoli Fruit Calories 696 Sodium 853	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) White Rice Water Spinach Fruit Calories 878 Sodium 872	Menu Subject to change. Totals Include 110mg Na+ for milk and 30 mg Na+ for Margarine.	Note: To cancel your meal, please call Mystic Valley Nutrition at least one day in advance before 11:30 AM: 781-388-2303 